

# WATER FLUORIDATION



1. FORM A PLANNING  
COMMITTEE

2. COLLECT DATA

**PLANNING  
PROCESS**

3. ANALYZE DATA

4. REPORT ON DATA

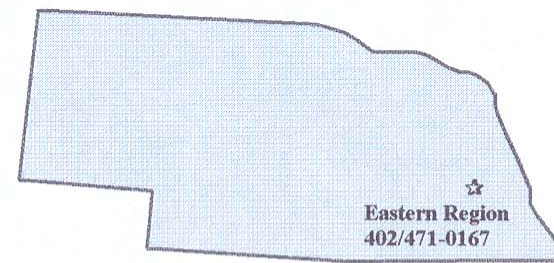
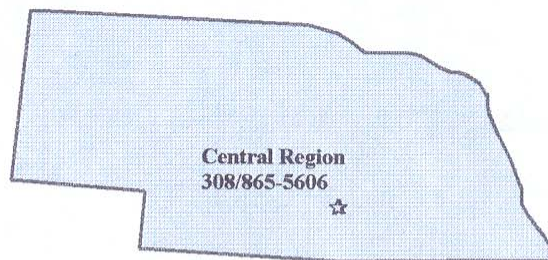
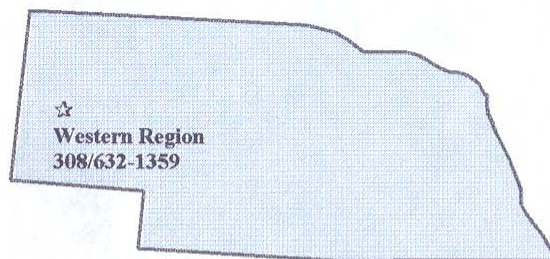
5. EVALUATION/  
RECOMMENDATION

Community water fluoridation is a benefit to all community members, regardless of age or economic status. For every \$1.00 spent on water fluoridation, \$50.00 in dental expense is saved. Community water fluoridation reduces dental decay by 40-60 percent.



## 1. FORM A PLANNING COMMITTEE

The planning committee should consist of 10-15 individuals with various ethnic, age, gender and cultural backgrounds. The committee members should represent a variety of professions and community organizations. The following is a suggested list of people to include on the planning committee: Parent/Teacher Organizations, neighborhood leaders, school administrators, water plant operator, city engineer, health professionals, political leaders, fraternal organizations, a representative from the Department of Environmental Quality and the Community Dental Health Coordinator for your area.



The committee should elect a chairperson to lead the committee. The chairperson will assign duties and time lines to ensure completion of projects.

## 2. COLLECT DATA

- A. **Determine water fluoride level:** The water plant operator can contact the Nebraska Department of Health & Human Services Regulation & Licensure engineer, Scott Peterson at 402/471-0930 to determine current community water fluoride level. The recommended fluoride level for drinking water in Nebraska is 1.0 parts per million (ppm). Therapeutic effects of fluoride are received at 0.7 parts per million (ppm).
- B. **Determine demographics:** To obtain demographic information for your community, contact Melanie Hayes at the Center for Public Affairs in Omaha, 402/595-2311. A five-page summary of the latest census information is available free of charge.
- C. **Determine dental needs:** The Community Dental Health Coordinator on your committee can supply information on the dental health needs in your community as well as information on dental Medicaid expenditures.
- D. **Determine feasibility:** For information regarding the equipment, installation, supplies, and training needed for the water plant operator, the city engineer and water plant operator can contact Tom Michels, professional engineer, at the Department of Health & Human Services 402/471-0521 or:

Fluoride Consultants & Equipment sales:  
Raines & Associates  
Omaha, NE  
402/895-6336

Chemical & Equipment supplies:  
DPC Industries  
402/293-1185

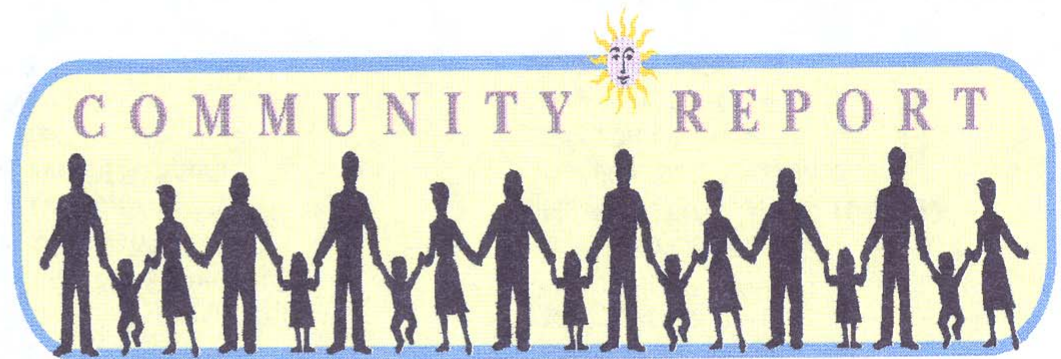
All services for Fluoridation:  
ACCO  
800-548-2226  
Van Waters & Rogers  
402/733-3266



### 3. ANALYZE DATA

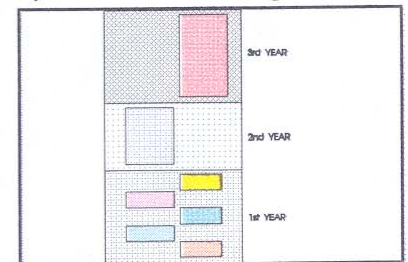
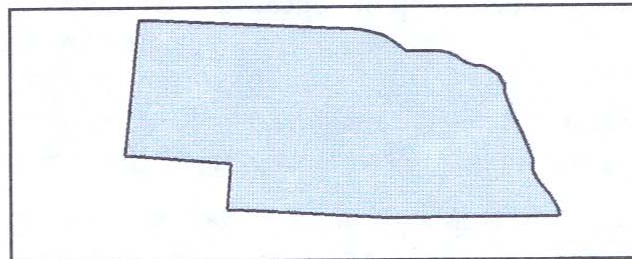
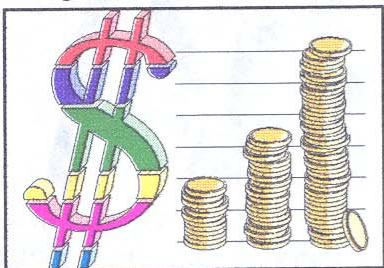
After the data collection is complete, it must be analyzed. The committee should be able to answer the following questions:

- A. Is there a need to fluoridate?
  - ✓ Who would benefit from water fluoridation?
  - ✓ How would they benefit?
- B. What would it take to fluoridate?
  - ✓ How many wells require fluoridation equipment?
  - ✓ What is the cost of the equipment?
  - ✓ What is the cost of the supplies per year?
  - ✓ How will water fluoridation be funded?
- C. What is the committee's recommendation?
  - ✓ Is water fluoridation feasible?
  - ✓ Is fluoridation cost effective for the community?



### 4. REPORT ON DATA

After the data has been analyzed, it is best to report the results to the community as soon as possible. The reports may be disseminated in various ways including town hall meetings, newspaper articles/editorials, tv and radio coverage, programs at schools, PTA groups, service and youth organizations. The report may include information about the need to fluoridate, the benefits of fluoridation and costs of equipment and funding options. Community input at these meetings is helpful. It is best to keep the messages short and simple. The time, location and format of these meetings can be determined by the committee. Illustrate key information, such as dental cost savings with graphs, charts and/or maps.



After community input is gathered, the committee may decide to present a written report as well as an oral report to the City Council. The need to fluoridate, approval and funding options may be discussed.



## 5. EVALUATION/ RECOMMENDATION

If additional data is needed, as a result of community and City Council input, the committee will work to provide the needed information. The community and City Council can then evaluate the water fluoridation plan. Consider the following questions:

**W**

as the committee successful in recruiting people? What can be done to improve recruitment?

as the information gathered by the committee relevant to make a recommendation?

as the community input sufficient?

as the community supportive?

ere the methods of reporting information to the community successful?

hich methods were most effective?

hat, if any, other data would have been helpful?

hat recommendations do the committee have to give to other community water fluoridation efforts?

## RESOURCES

### NATIONAL:

**Centers for Disease Control & Prevention**  
Division of Oral Health  
Mailstop F10  
4770 Buford Highway  
Chamblee, GA 30341  
(770) 488-3044

**American Dental Association**  
Division of Communications  
211 East Chicago Avenue  
Chicago, IL 60611-2678  
(312) 440-2500  
(800) 621-8099

**National Institutes of Dental Research**  
Building 31, Room 2C35  
Center Dr. MSC 2290  
Bethesda, MD 20892  
(301) 496-4261  
(402) 476-1704

### STATE:

**NE Dept. of Health & Human Services**  
Public Health Assessment Division  
301 Centennial Mall South  
P.O. Box 95007  
Lincoln, NE 68509  
(402) 471-2306

**NE Dept. of Health & Human Services**  
Thomas Safranek, M.D.  
State Medical Epidemiologist  
301 Centennial Mall South  
P.O. Box 95007  
Lincoln, NE 68509  
(402) 471-0550

**Nebraska Dental Association**  
3120 "O" St.  
Lincoln, NE 68510  
(402) 476-1704  
(800) 234-3120

### LOCAL:

**Dental Health /Eastern Regional Office**  
NE Dept. of Health & Human Services  
Regulation & Licensure  
301 Centennial Mall South  
P.O. Box 95007  
Lincoln, NE 68509  
(402) 471-0167

**Dental Health/Central Regional Office**  
NE Dept. Of Health & Human Services  
Regulation & Licensure  
3423 2nd Avenue  
Kearney, NE 68847  
(308) 865-5606

**Dental Health/Western Regional Office**  
NE Dept. Of Health & Human Services  
Regulation & Licensure  
4500 Avenue I  
P.O. Box 1500  
Scottsbluff, NE 69361  
(308) 632-1359